BAR HILL NEWS

November 2017; Issue 587

— SELF-HELP THIS WINTER —

What to do if you have a cough or cold

- Stay at home and get plenty of rest.
- Drink plenty of fluids but avoid alcohol as this can make symptoms feel worse.
- Eat a healthy low-fat, high-fibre diet.
- Try steam inhalation to loosen mucus and soothe your nose and throat.
- Salt water gargles can also help; add two teaspoons of salt to a pint of warm water. Gargle, spit out and repeat.
- Speak to your local pharmacist about over-the-counter remedies like decongestants or paracetamol or aspirin for pain relief.
- To avoid spreading infection, cover your nose and mouth with a tissue when you cough or sneeze and dispose of the tissue quickly afterwards.
- Clean hands regularly and thoroughly to avoid spreading or picking up any infections.

Fever in Children

When to seek urgent medical advice: Contact your GP or health visitor urgently if your child:

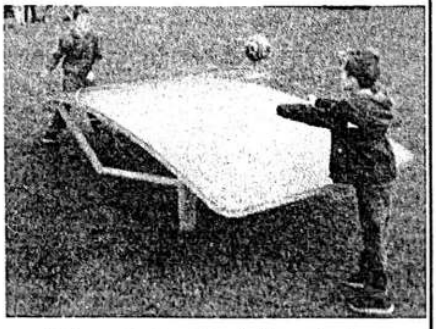
- is under three months old and has a temperature of 38° C (100.4°F) or above;
- is between three and six months old and has a temperature of 39°C (102.2°F) or above.

You should also see your GP if your child has other signs of being unwell, such as persistent vomiting, refusal to feed, floppiness or drowsiness.

Treating a fever: If your child has a fever, it's important to keep them hydrated by giving them plenty of cool water to drink. Babies should be given plenty of liquids, such as breast milk or formula. Even if your child isn't thirsty, try to get them to drink little and often to keep their fluid levels up.

If the environment is warm, you could help to your child to stay at a comfortable temperature by covering them with a lightweight sheet or opening a window. However, they should still be appropriately dressed for their surroundings and sponging your child with cool water is no longer recommended to reduce a fever.

— COLLECT YOUR TOKENS —



We are thrilled that Tesco has selected our request for the Bags for Life funding to help with the purchase of a Teqtable to add to the new facilities on the Village Green. Please support the village by donating your tokens to the Bar Hill project when you shop in Tesco over the coming weeks.

— BAR HILL POST OFFICE —

We are located in Bar Hill Library, open 9am–5.30pm Monday to Friday and 9am–12.30pm Saturday.

We offer Royal Mail and ParcelForce services for all your posting needs. Ask our friendly, helpful staff for advice to make sure you're using the right service.

Also available • car tax • bill payments • banking services – cash/cheque deposits for all High Street Banks • FREE cash withdrawals • foreign currency orders – Euros in stock; other currency available to order with next day delivery • Moneygram – safely send money abroad/UK • gas & electricity key/card top-ups • mobile phone top-ups • One 4 All multi-store gift cards • National Lottery, EuroMillions & scratch cards • stationery and posting/packaging items • cards & wrapping paper for all occasions • basic shop items – kitchen/toilet rolls, cleaning products, tissues etc • sweets and chocolate • cold drinks • daily newspapers •

New – ice creams, helium balloons, cigarettes/tobacco

– PLEASE SUPPORT YOUR LOCAL POST OFFICE –

☺ thank you ☺

— FAMILY HISTORY SESSIONS — BAR HILL LIBRARY

Caroline Norton from the Cambridgeshire Family History Society will be running drop-in sessions at the library as follows for the rest of the year:

Monday 20th November, 10am–4pm

Caroline is a very experienced researcher so if you need a little help with your investigations, why not come down and see if she can help. It's free!

A14 Improvement Scheme

Acquisition of Parish Council Land by Highways England

Various pieces of land at the front of the village have been acquisitioned, either compulsorily purchased or for temporary use, in connection with A14 up-grade. With effect from 20 September 2017 these areas of land may no longer be accessed by the general public. See map on parish noticeboard.

1A BUS SERVICE TO AND FROM ST IVES

Cambridgeshire County Council have posted on the Traveline website information about a weekday bus service between Bar Hill and St Ives. It has the same number, 1A, as the recently discontinued Whippet service, and is operated by Dews Coaches. There is no notice about it at the Tesco stop. As this is a new service the timetable announced may change. It would be wise to check times online after the first week in November.

Until 8th November at least it departs from Tesco on Monday to Friday at 07.52, 09.43, 10.43, 11.43, 12.43, 13.43, 15.43 and 17.03.

For the return journey buses leave St Ives bus station at 09.18, 10.18, 11.18, 12.18, 13.18, 15.18 and 16.18.

The way to keep this service operating is to support it.

Deadline for December's edition: 15th November to bhneditor@yahoo.com
or see page 2 for other contacts.

— BAR HILL RESIDENTS' ASSOCIATION —

2017–18 COMMITTEE:

Chair:	Roger Hall	01954 780304	11 Almond Grove
Vice-Chair:	Paul Goodfield	01954 200228	15 Little Meadow
Secretary:	Anil Pallan	01954 782736	72 The Spinney
Treasurer:	Martin Avery	01954 781233	34 Acorn Avenue
Website:	Mike Nelson	01954 780772	6 Field View
Committee Members:	Jo Hall	01954 780304	11 Almond Grove
	Hilary Whipp		hilary.whipp1@gmail.com

BAR HILL NEWS:

Editor:	Jan Cundy		jan_cundy@yahoo.com
Advertising Coordinator:	Bunty Waters	01954 201421	77 Foxhollow
Distribution Coordinator:	Martin Avery	01954 781233	34 Acorn Avenue

The objectives of the association are to act as an intermediary between residents and other parties, to keep residents informed of matters of importance and recreation in and around the village, and to promote the interests of Bar Hill. Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator bunty.waters@ntlworld.com. Quarter-page adverts cost £16.50 per month and must be submitted by the 1st of the month prior to inclusion. These ads are for local businesses and we guarantee publication, but this often results in a waiting list.

To help overcome this, we publish Maxi and Mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space. Maxi ads (6cmx4½cm – 9cmx6cm) are £8.50 per month; Mini ads (6cmx2cm – 6cmx4cm) are £5 per month, and should be submitted by 15th of the month prior to their inclusion.

EDITORIAL

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell after the first time.] All items can be submitted electronically on disk or to bhneditor@yahoo.com *[a Word file is best, please]* or hard copy via Parish Council Office.

— THE MAPLE SURGERY —

Tel: **01954 780442**

www.mhmaple.co.uk

Out of Hours Emergencies — call **111**

(Cambridgeshire and Peterborough 111 Service)

Surgery Opening times:

Monday to Friday — 8am – 6.30pm

On the day appointments: bookable by phone at **8.30am**.

Midwife	Thursday	9.30am–12.30pm
Podiatrist	Wed. & Friday	8.45am–12 noon *and* 1.00–4.00pm
Orthoptist	2nd Tues/month	9.00am–12.30pm
Cambs Hearing Help	4th Tues/month	9.30–11.30am
Health Visitors *(based at Longstanton)*:		**01954 207612**
Well Child Clinics:	3rd Tues/month	1.00–2.30pm

at the Children's Centre, Bar Hill *(next to Primary School).*

BICYCLE REPAIRS & SERVICING – 07914 655086

— WANTED —

1. From 11th December, **paper caddies** become obsolete. Residents are welcome to retain the caddies but they can also donate them to Bar Hill School.
2. Has anyone got a **child's clothes rack** they could donate to the Bar Hill School Reception Class, to replace their current one that had fallen to pieces?

Please contact Jo Hall, 11 Almond Grove. T: **01954 780304.**

— BAR HILL HEALTH WALKS —

Free every Wednesday morning

Meet at Maple Surgery at 10.30am

Our walks are all weather *(in case of rain you will find us under the Church porch)*, free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short health questionnaire. Copies are available on the PPG noticeboard in Maple Surgery, and at www.walkingforhealth.org.uk.

Contact: Josephine Powell T: 07901 558108; E: jopowell45@hotmail.com or Patricia Daniels T: 07917 874402; E: danielsoohn@btinternet.com.

HAVING PROBLEMS WITH COMPUTERS OR NEW TECHNOLOGY?

The solution is to *Learn IT* with *Laura*. Professional and personal support and training in your home.

T: 07889 261282; E: info@learnitwithlaura.co.uk

W: www.learnitwithlaura.co.uk

— NWR —
CONNECTING WOMEN WHO ARE INTERESTED IN EVERYTHING AND TALK ABOUT ANYTHING

NWR is a national women's organisation with members who enjoy lively conversations both serious and light-hearted. It is for women of all ages who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us. Come along to one of our meetings – you'd be very welcome.

2nd Nov. Speaker – Talk by 'Everyone Healthy' about keeping healthy with exercise and eating in older age!

19th Nov. Treasure Trail

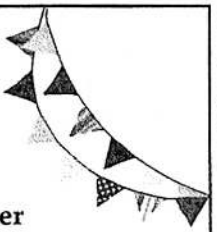
30th Nov. History and Future of Public Transport – Railways and busses, ownership, future development. Will there still be public transport in the future, who will pay?

The Bar Hill NWR group meets informally in members' homes on alternate Thursday evenings at 8pm. We pay an annual fee of £20 and just £1 per meeting to cover local costs. If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Marie-The Last on **01954 780329** or Jackie Jackson on **01954 781613**.
NWR can also be found on www.nwr.org.uk.
Why not have a look!

FOR SALE

Manual Singer sewing machine – **£10**
Call **07734 690580**

BAR HILL COMMUNITY MARKET



Saturday 4th November
Saturday 2nd December
10.30am–2pm
In the Octagon CB23 8EH

— Entry is Free —

All profits go to community/charity projects.
Refreshments with soup & bread at lunchtime;
BBQ *(weather permitting).*

If you wish to be part of the market please contact Karen Austen **01954 781085**.
e-mail: bar.hill.community.market@gmail.com
Facebook: Bar Hill Community Market

— HEALTH AND WELLBEING CLUB —

Normally held on the second Tuesday of the month between 2–4pm in Tesco Community Room, the group focuses on all aspects of promoting and maintaining good health in every area.
We start with a chair based exercise activity followed by advice from Tesco's departments.
This is a unique and friendly group and is an ideal place to meet new people.
Next meeting: **14th November.**
For further information, contact Wendy Arrowsmith on **01954 781381.**

— HAPPY HOURS —

Our Club meets most Mondays in the Octagon building of Bar Hill Church from 11am–3pm, with coffee, tea and light lunches.

Our Winter lunch time menu started in October and consists of soup and a roll (£1.50), baked potato with butter (at £2 each) or filled baked potatoes *(cheese, tuna mayo or baked beans)* or a ploughman's lunch (all at £2.30 each).
Our aim is to provide friendship and companionship so why not come along and give us a try? You can have a good old natter, a game or two, or enjoy our other various activities. We would welcome new members.

Coming up in November:

6th: AGM followed by Bingo and a quiz.
13th: Name – Christmas Traditions from Around the World.
20th: Club Birthday Party – **MEMBERS ONLY – pre-booked.**
27th: Games, competitions and Play Your Cards Right.

***Anne Plumb*, 01954 780364**

ENGLISH LESSONS!

Daytime and Evening Classes.
Beginners to Advanced; English in the Evening; English for Au Pairs; Just Read!
Contact Sarah Adams:
sadams@chesterton.cambs.sch.uk;
www.esolcafe.co.uk

THE ROYAL BRITISH LEGION, — BAR HILL BRANCH —

The Royal British Legion Bar Hill meets at 7.30pm on the 4th Thursday of each month in the meeting room of the Octagon.
We are a small friendly group of like-minded people. You don't need to have an Armed Forces background to join, just share a common cause of supporting our Service Community, now and for the rest of their lives.

— 8 O'CLOCK CLUB —

We are a women's group that meets on the first Thursday of the month in the lounge at the school at 8pm. The cost is £10 for the year plus 50p each month to cover the raffle and coffee.
We have a variety of speakers as well as an annual garden party, birthday party and Christmas meal. Our meetings for the new school year are as follows:–

2 November Robert Barber will talk about his work running the costume department at the Arts Theatre.
7 December Christmas meal, members only.

If you'd like further information please phone Barbara on **01954 204171**, Adela on **01954 204265**, Ann on **01954 204687**, or come along to one of our meetings. We'd be very pleased to meet you.

— BAR HILL BOOK CLUB —

Next meets on Tuesday **21st November** from 7.30pm at Bar Hill Sports & Social Club.
We are a friendly group and welcome new members.
Please text or call Sheila on **07920 558319** for information.

— PTA —

The PTA held its annual AGM on Monday 25th September. This year there was a great turn out so looking forward to the upcoming year.

Upcoming events:

Saturday **25th November** from 1.30–4.30pm **School Christmas Fair**, a visit from Santa, lots of stalls including homemade gifts, bath and beauty products, hair accessories, knitted toys, gluten free Christmas goods, Diablo magic and a photographer.

Stalls still available please email em.spenceley@hotmail.co.uk.

15th December: **End of Term Disco** from 6–7.15pm reception, year 1 and year 2.

7.30–9pm year 3–6.

Glitter tattoos will be available at both discos and tuck shop will be open at the later disco.

27th January: **Pop quiz**, more details to follow.

We will once again be running the **Christmas Raffle**, tickets are 25p each and will be on sale end of October. Prizes so far include entry for 2 at Shepreth Wildlife park, beauty products, round of golf for 4, 2 hours house clean and chocolate hamper.

If you have anything you would like to donate – wine, chocolates, games or even offer a service – please take to the school office or email em.spenceley@hotmail.co.uk.

— RECYCLING NEWS —

South Cambridgeshire District Council is changing the way used paper is collected from residents for recycling. From 11th December, residents won't need to use their caddies to recycle paper anymore. From that date, residents should place their used paper directly into their blue wheelie bins instead. This used paper will still be recycled after being sorted from other materials at our facility near Waterbeach.

The decision to withdraw the paper caddy service was taken at South Cambridgeshire District Council's Cabinet meeting in September. The decision will save taxpayers money and simplify the recycling process for residents. Because of this upcoming change, the District Council will not be delivering any new paper caddies. If they are lost or stolen before 11th December, residents can begin putting paper in their blue bin.

After 11th December, residents can keep their caddies and use them however they wish. Alternatively, they can be taken to a household waste recycling centre for recycling. They should not be placed into wheelie bins. More information can be found here: https://www.scambs.gov.uk/recycling.

Crazy Dog Lady Pet Services

Services include:

Dog walking;
Training classes – Thursday evenings (from November in the Octagon);
Other pets and puppy pop-ins;
1-2-1 Training.

Friendly, Reliable, Fully insured, DBS checked, APDT trained. For more information and prices call Sarah on **07913 690021** or visit www.crazydogladyservices.co.uk.

SPRING BULBS TO COMMEMORATE OUR VILLAGE 50th ANNIVERSARY.

Hopefully in the spring of 2018 and in forth-coming years you should see more spring flowers appearing under the name road signs around the village. The Bar Hill Community Market, in celebration of our village 50th, has paid for and organised, with the help of volunteers from the Bar Hill Community (stallholders, Guides, Brownies, Scouts and the general public) to plant spring bulbs.

A BIG THANK YOU to all those who have volunteered and to those attending the market who have made this possible.

Karen Austen (Market Organiser)

— HALLMARK HOTEL —

We are currently looking for a motivated and enthusiastic individuals to work within the hospitality industry:

Leisure Club Apprentice. This will include training, NPLQ level 2 lifeguard, Level 2 gym instructor, customer care and sales training. It will be 40 hours a week contract, including shift and weekend work.

Kitchen Apprentice. Do you see yourself as a future celebrity chef?? Well your 2 year training starts here. Includes evening and weekends.

Maintenance Manager. This will include H&S and hotel maintenance.

Finance Assistant. Duties to include banking and till reconciliations, purchase orders & credit control.

F&B Christmas Staff. Earn some extra pennies before Christmas working our Christmas Party Nights.

Lounge Bar. Flexible hours 9.30–14.30, 18.00–20.00

Kitchen Hand/Plate Wash. Flexible hours 18.00–22.00, weekends included.

For more information call 01954 249954 or email Emily.Spenceley@hallmarkhotels.co.uk.

UNIVERSITY OF CAMBRIDGE
INSTITUTE OF CONTINUING EDUCATION AT MADINGLEY HALL

Fun with words: try your hand at creative writing

Free weekly classes at Madingley Hall in Autumn 2017

If you fancy having fun with words these free courses are for you. It doesn't matter if you haven't written since you were at school or if you're a secret scribbler; you can be 19 or 90; we'd love you to join us!

Each of the three courses will run for five weeks, with a weekly class from 10am to noon. They will be led by authors Derek Niemann and Elizabeth Speller.

- Fun with Words 1: Tuesdays, 31 Oct. – 28 Nov. 2017
- Fun with Words 2: Wednesdays, 1 Nov. – 29 Nov. 2017
- Fun with Words 3: Thursdays, 2 Nov. – 7 Dec. 2017

Visit www.ice.cam.ac.uk/FunWithWords to book your place online.

These courses are part of the A14 Writer in Residence scheme and are funded by the A14 Community Fund. The courses will be inspired by the landscape, history and lives of the area around the A14, particularly the new development.

FOR SALE

Brand New Ladies Electric Bike • non-puncture tyres • throttle twist grip and gears. With charger.
Too large for buyer, consequently never used. £750
Call 07734 690580

— BAR HILL PARISH COUNCIL —

Sue Bell, Parish Clerk: 01954 780456
e-mail: bhillpc-1@btconnect.com.
Please note that the office is open to residents between **9am–11am Monday, Tuesday** and **Wednesday**.
Visit our website: www.barhill.org.uk for updates.

Contractors will be in the village undertaking the **Autumn Tree/shrub/green works** over coming months:

- October/early November – various small works around the village, e.g. Robin Close, Appletrees, Pheasant Rise, Little Meadow, Hollytrees and between Foxhollow and Acorn Avenue,
- October/November areas inside and outside of the perimeter road around the village, The Drift down to Gladeside, the spine path to Chestnut Rise,
- 12–14 December spine path Hanover Close to Little Meadow.

There has been some delay with starting the **Hollytrees Stream/Dam Brook improvements** but we expect the contractors to start soon.

Community Facilities for Young People Working Party is working on a **second phase for facilities at the Village Green**. They hope to get funding to complete the planting/landscaping on the area of land behind the new equipment and Appletrees; a 'bounce' area for new goals; additional safety surfacing round the skate ramp. In the long term the Council is seeking funding from the A14 Community Scheme to put in a pathway linking the Village Hall to the School.

Dog Fouling: Residents are asked to be considerate and clear up after their pets. The District Council has powers to fine persistent offenders.

Car/Van/Lorry Parking – inconsiderate parking should be reported immediately to http://tinyurl.com/SouthCambs-Parking.

The next **Parish Council meeting** will be on **16th November 2017** at **7pm** in the Parish Council Office. Minutes are posted up in the Parish Council window. Items for the agenda must be placed with the Clerk at least 7 days before the meeting.

Visit the **village website**: www.barhill.org.uk for up-dates on local matters including progress of the A14.

Handy telephone numbers/contact details

Cambridgeshire County Council – damaged paths and roads: **01223 717111**; https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/roads-and-pathways/roadworks-and-faults.

Streetlight maintenance: **0800 7838 247**; http://www.lightingcambridgeshire.com/contact-us/report-fault.htm or enquiries@lightingcambridgeshire.com. You will need to give the number on the lamp post.

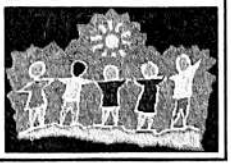
Cambridge Water Co: 0800 316 7676, http://www.cambridge-water.co.uk.

Anglian Water – sewerage: **0800 145 145**.

BAR HILL BABY AND TODDLER GROUP

Wednesdays and **Friday** (term time)
9.45–11.15am in the **Octagon**.

Ordinary session price includes children's snacks, drink, craft, play and adult tea/coffee.
Under 1: £1.50; Over 1: £2.50;
Family: £3.50.



— NEIGHBOURHOOD WATCH —

Stay Safe!

Cambridgeshire Constabulary is supporting a national campaign to educate us on how to stay safe in a terrorist attack. In the small, but possible, chance of being caught in a gun or knife terror attack:–
RUN if you are able to,
HIDE if you are not.
TELL police only when it is safe to do so.
Crucially, do NOT stop to take pictures.
Do NOT use your phone until safely away from danger.
While we may think it's unlikely to happen to us, it is wise to be forewarned. So please make sure your family, especially younger members, know this basic but essential advice.

Pedlars

These are door to door sellers, often of small items like dusters etc. They must have a licence issued by the police in their home area. If they cannot produce this licence, call 101 as it is a prosecutable offence. We recently had some pedlars in Bar Hill who did not have the correct licence so don't be afraid to check.

Finally

Look out for our next NHW leaflet which will soon be delivered to every house, giving advice about staying safe when shopping online. With Christmas coming we hope it will help avoid some of the potential scams and dangers.
Pam Vendy, Village Co-ordinator

— BAR HILL SCOUT TROOP —

We started the autumn session with an exciting trip to Milton Country Park to try out paddle boarding, standing up on a surf type board and propelling it with a long paddle was soon mastered by the scouts and they were quickly touring the far reaches the lake. A great time was had by all, ending with a jump into the water. Our thanks to the instructors at Milton for their good humoured help.

In a bid to brighten up the village the scouts planted daffodil bulbs supplied by the parish council by some of the road signs.

A visit to the apple store in the grand arcade was next to see the latest tech equipment with an introduction to coding a very interesting session with various freebies to take home.

We have a trip to Great Abington camp site in November with the 12th Cambridge troop for backwoods cooking session and camp fire so hope the weather is kind.

An indoor climbing session at the clip and climb centre in Cambridge has been booked for November with 20 different walls with varying degrees of difficulty it will be a challenging session that I am sure the scouts will revel in.

Various wide games and training is on the cards for our weekly meetings with a make a present evening just before Christmas.

If you are interested in joining us as a scout or an adult please email rogerpl294@btinternet.com

RAYNERS OF BARTON

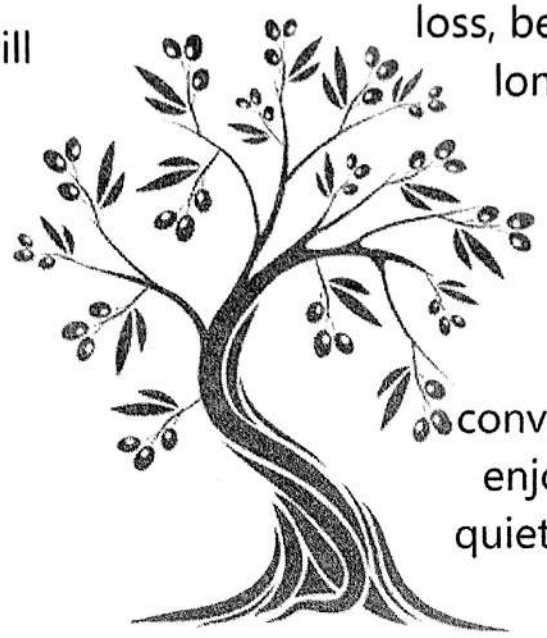
• sectional buildings • greenhouses • garages •
• workshops • chalets • log cabins • carports •
• summer houses • concrete, steel or wooden sheds •
• aluminium or hardwood conservatories •
• PVC-U or hardwood windows & doors •
Lance Rayner, Top Field Farm,
16 Cambridge Road, Barton CB23 7AR
Tel/Fax: 01223 262888; Mobile: 07702 669026

— Bar Hill Church —

An oasis of calm, welcoming space . . . and maybe help

. . . for those who have been challenged and broken by loss, bereavement or loneliness . . .

. . . refreshments will be available . . .



. . . and trained listeners . . .

. . . come for conversation, or just to enjoy the peace and quiet in a safe place . . .

. . . Your confidentiality will be respected . . .

Olive Tree Coffee Mornings

Where and when?

Once a month on a Saturday morning
10.30 am - 11.30 am

in the Octagon (meetings rooom)

People to contact:

Sue 01954 200987

Chris 01954 781978

Charles 01954 277119

Church Contacts

Church Office	Linda King	01954 206120 office@barhillchurch.org.uk
Minister	Rev. Charles Mather	01954 277119 charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
Website	barhillchurch.org.uk	**Facebook** https://facebook.com/barhillchurch

— Bar Hill Church —

Services during November

Sunday 5 November	10.00 am	Holy Communion (Methodist)
Wednesday 8 November	10.00 am	Mid-Week Communion
Sunday 12 November	10.00 am	Remembrance Service
Wednesday 15 November	3.15 pm	Messy Church (in the Octagon)
Sunday 19 November	10.00 am	Holy Communion (Baptist)
Sunday 26 November	8.00 am	Holy Communion
	10.00 am	Morning Worship
	6.30 pm	Re:boot

BAR HILL CHURCH
spread the word

Social Calendar for November

Olive Tree Coffee Morning Saturday 18th 10.30 -11.30 am in the Octagon (Meetings Room)

Knit & Natter every Thursday 1.15 - 3.00 pm in the Octagon (Contact Sue 01954 780260)

Coffee Stop every Wednesday 10 am - noon in the Library (Contact Sue 01954 780260)

Art Group every Wednesday 1.30 - 4.00 pm in the Church (Contact Jan 01954 201495)

Bring Your Own Craft Group Saturday 25th at 2.15 - 4.45 pm in the Octagon **Christmas Crafts** (Contact Karen 01954 781085)

Home Groups To find out more, contact Elizabeth elizabeth.burns@barhillchurch.org.uk)

Let our **Prime Brass Concert** warm your winter evening

Saturday 25th November @ 7.30 pm in the Church

Tickets £8 (includes a glass of wine or juice) available from Malcolm tel. 488657 or Sue tel. 780260

— Catholic Church —

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

The Catholic Church serving Bar Hill

Hills Road, Cambridge

Parish Priest: **Rt. Rev. Mgr Eugene Canon Harkness** Tel: **01223 350787**

Local contact: **Bunty Waters** Tel: **01954 201421**

Mon., Weds., Thurs., Friday 8am & 12.15pm

Tuesday 8am & 7.30pm

Saturday 6pm: First Mass of Sundays

Masses in the Parish Church in Cambridge; also 5pm at Cambourne and **6pm at The Octagon, Bar Hill.**

Holydays of Obligation 8am, 10am, 7.30pm

Sacrament of Reconciliation

Tuesday 6.45pm (not after Mass)

Saturday 10.30–11.15am, 4.30–5.15pm, 7.00–7.45pm

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

Home Visits

I am happy to bring communion to house bound Catholics. I also visit people at the end of their lives, of any religion or none, who would welcome support or are distressed spiritually.

Contact Jean: 07841 397338, Catholic Eucharistic Minister. Associate Member of the Hospice Chaplaincy Team.

— BAR HILL VILLAGE WEBSITE —

www.barhill.org.uk

You can find updates on matters such as the A14 works, Northstowe, Topland and the environment on the Bar Hill Village website, along with lots of other information.

If you wish to put an item on the website, get in touch with the webmaster by either following the links on the website, or e-mailing: barhill@machineconcepts.co.uk

Your Bar Hill News is also available, without advertising pages, about 10 days before the paper copy is delivered.

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During the week we have the following groups and clubs:

Mon.	Helene Taylor-Todd School of Dance *(school term time only)*	4–6pm
Mon.	Craig Burns Bootcamp	6.15–7.15pm
Mon.	Martial Arts	7.30–9pm
Tues.	Shotokan Karate	6–8pm
Wed.	Helene Taylor-Todd School of Dance	4–6.45pm
Wed.	Danielle Fitness Classes Zumba & Pilates	7–9pm
Thur.	Pilates *(school term time only)*	10–11am
Thur.	Weightwatchers	7–7.50pm
Fri.	Baby Sensory	10.30–12.30pm
Fri.	Martial Arts	7.30–9pm
Sun.	Bingo *(doors open 7pm)* Cash prizes	7.30–9pm

If you wish to book any of these facilities, or get more information, please call **01954 782414** and leave a clear message. We'll call back within 24 hours (Monday to Friday); or e-mail barhill.villagehall@btconnect.com

— BAR HILL SPORTS & SOCIAL CLUB —

The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles, cribbage, or enjoy a drink in our quiet lounge bar.
As of the 1st October children under the age of 12 will not be allowed in the club Sunday to Friday inclusive after 9pm as stated in the constitution.

Coming up in November

Saturday 11th We have Nicole Lawrence performing as well as the beer festival and our new cocktail beach shack. Plus membership draw
Weekend 11th & 12th: Autumn beer festival with free BBQ on Saturday and evening entertainment only £2 a pint!
Saturday 25th Membership draw
Monday 27th Monthly Quiz with £50 cash prize and "rock 'n' roll bingo"

December

Saturday 2nd Live Music
Friday 15th Karaoke and Cocktails
Don't forget to look out for the Christmas raffle starting on 1st October running all the way to 22nd Dec.
Top prize: £1000.

Not a Member?

The new membership starts on the 1st December, so get it in December for a reduced rate for renewals.
Please ask the bar staff for a membership form.
For further information, including opening times, visit our website: www.bhssc.org.uk or join us on Facebook at Bar Hill Sports & Social Club.

— MAPLE SURGERY NEWS —

01954 780442
www.mhmaple.co.uk

Christmas and New Year Closure – the Surgery will be closed on Monday 25th and Tuesday 26th December and Monday 1st January. In the event of an emergency, please call 111.

Repeat Prescribing over the Christmas Period – if your repeat medication is due during the Christmas period, we will accept requests from the **1st December**. Patients requiring more than one month's medication, please indicate on your repeat request why extra medication is required.

Flu Clinic – if you have not yet had your flu vaccination, please make an appointment.

Goodbye – at the end of October, we said 'Goodbye' to our Practice Manager, Fiona McGlashan. We wish her well in her new venture.

Change to GP Hours – as from 1st November, Dr Wheeler will be working on Wednesdays only and we are delighted to announce that Dr Dharani Yerrakalva will be working on a Friday.

Telephone On the Day Appointment Booking Changes – please remember that both morning and afternoon emergency/on the day appointments are now available to be booked by 'phone from 8.30am.

Free NHS Health Checks – if you are between 40 and 74 years old and have not had an NHS Health Check in the last five years, please book with the Nurse or Pharmacist.

The Maple Surgery Team

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— CHRISTMAS CRAFT DAY —

Saturday 25th November from 10.30am–4pm at The Octagon.
You are welcome to join us for a day, or half day, of festive crafts and lunch.
Whole day: £5; Half day + lunch: £4.
Morning session: 10.30–1pm;
Christmas Ploughman's Lunch: 1–2pm;
Afternoon session: 2pm–4pm.
Activities will include Pyrography, Knit-in Lace Christmas trees, Box Frame Pictures, Jewellery, Brooches and more.
This is suitable from Year 6 upwards.
Each activity will be led by a "crafty lady" experienced in that craft.
Costs include lunch (to be booked in advance) with tea/coffee and biscuits before each session.
Each activity will be priced modestly to cover the cost of materials.
Please contact: Karen Austen **01954 781085** by **Friday 10th November** to book your place and your lunch, as numbers will be limited.

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Flu vaccinations – please book your appointment. The vaccination is recommended (and free!) to patients over 65, pregnant women and those patients who have a long term medical condition regardless of age. If you are unsure please ask.

Flu vaccines for healthy children – we now have the nasal flu vaccinations (Fluenz) in stock. Children born between 01/09/2013 and 31/08/2015 are eligible to receive the free nasal flu vaccination at the surgery. Please make an appointment.

The shingles vaccination – patients are eligible from their 70th birthday. This is a one off vaccination.

Kids back to school and the bugs that come with it? – there are so many basic medical problems that you can treat at home. Coughs, colds, upset stomachs, head lice, chickenpox and ear infections can all be treated at the Pharmacy. Alternatively practice nurses can help with minor conditions, which mean you don't need to see a GP. Remember that children can get 8–10 colds a year, and a cough can last at least three weeks before it starts to improve. Visiting your GP and getting medication on prescription, which could be easily bought over the counter, costs the NHS approximately £45 each visit.

Stocking up your medicine cabinet – Autumn is a good time to give your medicine cabinet a review. A good basic first aid kit that all homes should have: • plasters • gauze dressings and sticky tape • sterile eye dressings • triangular bandages • disposable sterile gloves • tweezers • scissors • safety pins • alcohol-free cleansing wipes • thermometer (preferably digital) • skin rash cream • antiseptic cream • painkillers such as paracetamol • cough medicine • antihistamine tablets • eye wash and eye bath.

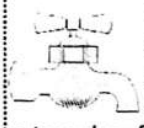
Carers support meetings – Willingham Surgery on 1st November and 6th December at 2pm. If you are a carer, pop along and get some support. Please contact Sue Lawson (susan.lawson7@nhs.net) for more information.

Cambridgeshire hearing clinics – Willingham Surgery on 15th November and 20th December. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

Please remember to cancel your appointment if you no longer need it!

Sharon Unwin, Practice Manager

AFFORDABLE PLUMBING



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Bar Hill School governors and I, after two years of investigation and discussion, have decided to express an interest in formalizing our relationship with Swavesey Village College by joining the Cambridgeshire Meridian Academies Trust (CMAT). The main thinking behind the decision was based on the recognition that Swavesey Village College is our local secondary school where the overwhelming majority of our children study after Year 6. The children will benefit from an "all-through" education formed out of a closer relationship between Bar Hill School and Swavesey Village College within CMAT. We already have a strong relationship with Swavesey and expect a closer bond to bring even more impressive opportunities for Bar Hill children. This is an exciting opportunity for both schools.

Members of the community can contribute towards the consultation by following the link on our website: http://www.barhillschool.co.uk/academy or by sending an e-mail to academy@barhillschool.co.uk

Once the consultation is concluded on 3rd November 2017 governors will consider the views raised and will await confirmation from the Regional Schools Commissioner and the Head Teacher Board that Bar Hill School will be allowed to convert to become an academy and join CMAT. In order to convert formally into an academy and join a multi-academy trust, there will be at least five months of work necessary for the process to complete, although we understand that this process is likely to take longer due to the number of schools currently trying to convert into academy status.

As we go forward, I will update you on our progress. I, along with governors, very much appreciate the interest of members of the local community in our intention to become an academy and join CMAT.

Dr. Al Mistrano, Headteacher

— GIRLGUIDING IN BAR HILL —

Bar Hill Distrkt — We Discover, We Grow — Girlguiding

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If you would like to join the fun, please e-mail: barhillguiding@icloud.com or you can register online: https://enquiryym.girlguiding.org.uk.

Rainbows (5–7yrs); Brownies (7–10yrs); Guides (10–14yrs) all meet weekly; Senior Section (15–25yrs) meets monthly.

Sarah Rivers, Commissioner

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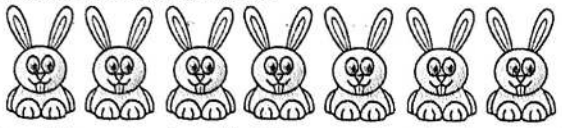
— BAR HILL CHILDMINDERS —

Bar Hill Childminders work as a close network of childcare professionals who offer a warm, friendly and loving home from home environment. We use the comfort of our homes as a base and can also offer your children the opportunities of day trips and range of outdoor experiences and take part in local community events and groups without being confined to one place.

We offer flexibility in the hours that we work to suit you and your child's needs with village rates, rather than having set session times.

Your child will receive focused and individual attention and care as we progress them through the EYFS curriculum. Child led play as well as structured and personally thought out activities will encourage them to grow and learn at their own pace taking in to account each child's individual needs.



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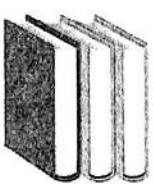
We welcome you to join us and have an informal chat at either of our friendly and inviting 'Little Bunnies' sessions on Tuesday and Thursday mornings from 9.45–11.15am in the Octagon, term time only – (£1.50 for one child under one, £2.50 for one child over one and £3 for 2 or more children). Here we offer a wide range of sensory experiences, activities, stories, singing and more...

Our Childminders are as follows:

Jacky	07718 447998 – over 8's spaces
Melanie	01954 204496 – spaces
Terri	07846 018714 – spaces
Kirsten	07906 218070
Kirsty	07584 168909
Mandy	01954 204223
Carol	01954 780238 – spaces
Karen	07930 196319
Janine	07879 613731 – spaces

— STORYTIME AT BAR HILL LIBRARY —

Stories and pictures, rhymes, songs and craft activities will be on offer again from 10.30 a.m. at Bar Hill Library, on 11th and 25th November. Every month there is a session on the second and fourth Saturdays.



This is an event for children of pre-school age and their older brothers and sisters who are accompanied by an adult.

In each session there are illustrated stories, a few songs and a craft activity. The children – and the adults – make things, have fun with stickers and colour pictures.

This free event demonstrates to young children what is to be gained from learning to read. There is no need to book; just come along.

— BAR HILL CRICKET CLUB —

We brought the curtain down on our season at our presentation evening, with a number of awards given out to all those who have excelled on and off the pitch.

Sam Clare picked up the majority of the playing awards, easily winning the best batsman honour and just edging out captain Sam Wilson to also win the bowling award.

Sam Wilson had the consolation of being named as the most improved player, while Nathan Dean won the outstanding performance award for scoring 74, taking three wickets and a run-out against Longstanton.

Not surprisingly, Sam Clare was voted as player of the season by his team-mates.

Dave Underhay won two important awards. He was voted Clubman of the Year by the club members, having put in countless hours preparing the pitch and also as club treasurer. He also won the much sought-after Duckman award, which goes to the player who picked up most ducks (for the uninitiated, that's scores of 0) during the season.

Nathan Dean was presented with his commemorative 'baggy maroon' cap having passed 100 league and cup appearances for the club. Regular keepers of the scorebook, Jenni Stimpson and Barry Dean, also received a gift.

In other news, Dave Underhay and our chairman Ash Curry had a day out at Lord's to celebrate being regional winners of an OSCA – the England and Wales Cricket Board's awards scheme for dedicated volunteers, a fitting end to the season.

That's it until next year, though we are planning some social events through the winter, so watch this space – and for more information about the club, visit www.barhillcricket.org.uk or call the number below.

Paul Stimpson, 01954 201212

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— INFORMATION —

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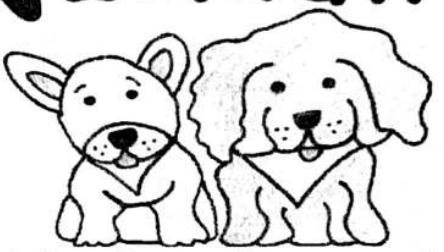

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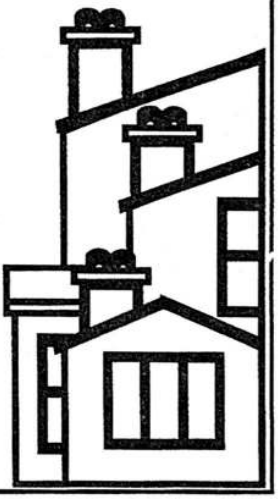

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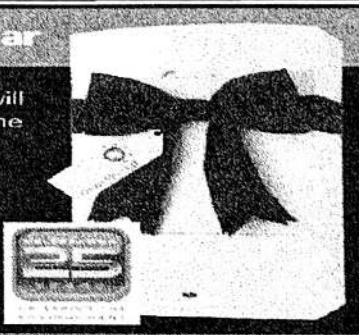

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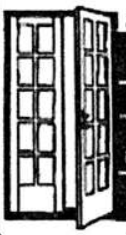

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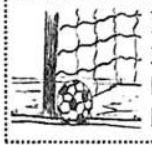
— COUNCILLOR NOTES —

A14 contact details – keep up to date with what is going on – visit: www.highways.gov.uk/A14C2H;
e: A14cambridgehuntingdon@highwaysengland.co.uk;
phone: **0300 123 5000.**
Don't forget the A14 Community Fund which you can apply for: www.cambscf.org.uk/A14.html.
Cambridge North station – have you used this station, let me know what your experience has been like?
Council house leasing scheme – a South Cambridgeshire family has become the first to be rehoused through the District Council's private sector leasing scheme. Shire Homes has been set up by South Cambridgeshire District Council (SCDC) as way of helping residents who need assistance to be able to afford to rent a private property locally.
Landlords sign up for a minimum of 3 years to let their good quality properties via this comprehensive management scheme, which offers guaranteed rental income. The Council takes over management of the properties and offers them to those needing homes at an affordable rent below market rate. The first property to be offered, in Foxton, has been let with a family receiving the keys and moving in in October. The Council is now finalising details for a second home to be offered in this way, and is aiming to bring a total of 40 homes onto the private rental market within the next 12 months. It is anticipated that good quality properties ranging in size from a bedsit to a four bedroom house will become part of the scheme. The Council has so far received more than 60 enquiries from landlords interested in becoming a part of this scheme.
If you are a landlord and want to find out more information about Shire Homes, e-mail Louise Moulding at SCDC on louise.moulding@scambs.gov.uk or call **01954 713046.**
Paper caddy removal date confirmed – from 11th December you can put paper directly into your blue bin. You can now and keep your caddy if it's in good condition.
South Cambs magazine – the next issue will be delivered between 21 November and 10 December. You can read it online.
Our contact details if we can help in any way:
Bunty Waters: T: **01954 201421; 07734 690580;**
E: bunty.waters@ntlworld.com;
Roger Hall: T: **01954 780304;** E: roger.hall90@ntlworld.com.

— HEIDI ALLEN MP —

I was delighted to attend the presentation of a Queen's Award for Enterprise in Innovation to Geo. This developer of smart home energy products, based in Hardwick, was recognised for its technical and business success and the key role they have played in introducing ground-breaking solutions to help consumers control their home energy usage. I am constantly reminded of just how many technology success stories we have tucked away in our beautiful villages. The employment opportunities they create make us very lucky indeed.
The biggest news this month is that her Majesty the Queen has awarded a royal title to Papworth Hospital. I am bursting with pride that the *Royal Papworth Hospital* will become the first royal hospital in the East of England! Offering first class care whilst also undertaking pioneering and ground-breaking work, it is fitting this honour should come during the hospital's centenary year and as they make the move to the Cambridge Biomedical Campus.
I was honoured and deeply touched to receive personal recognition from the disability charity Sense recently, as I was awarded "Parliamentarian of the Year" at their 2017 awards ceremony. Sense is a truly amazing organisation, working tirelessly to improve the opportunities for people with incredibly complex needs and I am glad I was able to meet some of the staff, carers and volunteers who donate so much time, passion and energy to help the most vulnerable of people.
My next constituency surgery is on Saturday 21st October from 10am to 12pm at the Melbourn Community Hub, 30 High Street, Melbourn SG8 6DZ. This is a drop-in event with no appointment necessary. Details of all the upcoming surgeries can be found on my website at www.heidisouthcambs.co.uk/residents-drop-surgeries. You'll also find further information about my work and news stories there.
To contact me, email heidi.allen.mp@parliament.uk. You can also phone my Westminster Office on **020 7219 5091** about national issues or my constituency office on **01223 830037** to raise local concerns.
See you soon!



BAR HILL FOOTBALL PROJECT

3G Astro facility available for hire in Bar Hill.
For more details contact Julie Marin,
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INDOOR CARPET BOWLS

Did you know that there has been an indoor carpet bowls club in the village for over 30 years?
We meet on Friday nights in the school from 7.30–10.00pm with a ½-hour break for coffee – all for £1.50 each evening you play.
It is a chance to have a game with a friendly group.
We don't play in any leagues so even if you have never played before, don't be put off.
The new season starts on **Friday 8th September**, so why not come along and join us any Friday evening with your first session being free. We look forward to welcoming you.
If you require more details please contact Barbara on **01954 204171.**

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— VILLAGE HALL —

01954 782892

Bar Hill Preschool is open 9am–3pm Monday to Friday, term time for children aged 2–5 years. We offer sessions through the Early years funding scheme, funded two's and accept childcare vouchers.

Our ethos is to ensure high quality care by focussing on each child's ability and interests, providing fun and exciting activities that children learn and develop skills through play in a safe and inviting environment.

Our keyperson and buddy system ensures every child is well supported by qualified practitioners who have a wealth of experience. We work in partnership with parents and our online learning journal supports this by providing families with regular information on the child's development and next steps identified, parents can upload evidence from home too and add their own comments.

Our inside area provides views across the village green in a inviting and welcoming atmosphere. Children can access toys and equipment independently. Skills are developed through activities and routines eg children help to prepare snack with safety knives and learn about how to stay healthy. Lunch clubs are a social time and adults sit at tables with children while they eat own packed lunch, encouraging friendships and social skills.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to exploring the mud kitchen, large sand pit and our sensory garden.

We welcome visitors from the local community that support our curriculum further.

Interested? You can find out more information on our website www.barhillpreschool.co.uk or call us on **01954 782892** to book an informal visit or for an application form.

— COUNTY COUNCILLOR'S REPORT —

We are currently consulting on plans to redesign Children's Centres across Cambridgeshire. These are intended to provide valuable support services to parents but feedback from parents shows they are not always located most conveniently. The Council is therefore reviewing current provision and wants to ensure that the right services, support and opportunities are available for families if and when they need those services. I urge you to respond to the consultation, which ends on 22nd September 2017. You can respond via the Council's website: residents/children and families/children's centres or you can get a hard copy at Children's Centres and Libraries.

New figures show that just 26% of boys and 17% of girls in the East of England currently meet the national recommended daily level of activity [60 minutes]. The County Council is promoting Change4Life's national '10 Minute Shake Ups' programme. Launched by Public Health England with the support of Sport England and Disney it initially follows the pattern of a project last summer that saw over a million children get more active [details: https://www.nhs.uk/10-minute-shake-up]. This year, when children return to school in September, more activities will be released on the Change4Life schools website to encourage them to carry on being active both in and outside the classroom.

Following the announcement that Whippet is going to withdraw 17 services from 3rd September I met with Officers and talked to affected residents. In the short term the County Council will subsidise most of the routes to allow for a comprehensive review to be done of all the county's bus services. This does however still require suitable contracts to be negotiated. We are investigating a community transport solution. Please do let me have your views on what is needed. A demand responsive service or maybe a car share scheme?

Please don't hesitate to contact me with any comments or questions you may have. If you would like to receive a copy of the full report that I write for the division's parish councils each month, please do email me and I will add you to its circulation.

Lynda, lyndaharford@icloud.com; **01954 251775/ 07889 131022**; Follow me on Twitter: @2whit2whoo.

PUBLIC URGED TO HELP COMBAT HARE COURSING

Members of the public are being urged to be the eyes and ears of the county's rural communities by reporting ongoing hare coursing incidents.

Fields across Cambridgeshire have been harvested and ploughed making them the perfect ground for this illegal blood sport.

The hare coursing season traditionally begins in September and causes damage to crops, harms animal welfare and threatens the rural community. It can result in intimidation and even violence.

Last year (April 2016-March 2017) officers were called to 1,069 incidents of hare coursing, an increase of 44 per cent on the previous year (April 2015-March 2016: 742 incidents).

Chief Inspector James Sutherland from the Rural Crime Action Team (RCAT) said: "Hare coursing remains one of the biggest crimes to affect our rural communities between September and February, particularly in South Cambridgeshire, East Cambridgeshire and Fenland.

HOOP

(Housing Options for Older People)

Are you finding that your home is too large to manage, in poor condition or too far from friends or family and are not sure what to do? If so, you may be interested in an exciting new partnership with First Stop offering specialist housing information and advice to people aged over 65.

Cambridgeshire County Council is working with South Cambridgeshire District Council on a 6-month pilot project which has launched in South Cambridgeshire – HOOP.

The project offers specialist housing advice and support to older people. The customer journey starts with a questionnaire asking older people (over 65s) about their home and how it suits them. This can be completed on line or via a leaflet. The answers are then used to put people in touch with local housing options (sheltered housing, extra care schemes), support services and community groups that can provide a mixture of practical support and advice – with the aim of helping people to make informed choices about their housing and wellbeing at an early stage.

For more information, visit https://hoop.eac.org.uk/.

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— NOVEMBER BULLETIN —
CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

FIREWORKS and bonfire night can be plenty of fun for all of the family to enjoy and going to an organised firework display instead of holding one at home can be a great way of supporting your local community. If you plan on using fireworks or lighting a bonfire at your own home however, please ensure you consider our safety advice below:

Fireworks:

- Only buy fireworks marked BS 7114
- Light fireworks at arm's length using a taper, stand well back and never go back to a lit firework
- Never throw fireworks or put them in your pockets or clothing
- Light sparklers one at a time wearing gloves, and place used sparklers in a bucket of water
- Never give sparklers to children under five
- It is illegal to sell fireworks to someone under the age of 18 or to light fireworks in a public place
- For more information on Firework Safety, visit: www.hse.gov.uk
- Always consider animals and wildlife nearby when holding a firework display
- Always consider the location of a bonfire or firework display, smoke drifting near or on to surrounding roads can have devastating consequences.

Bonfires:

- Do not light bonfires in unsuitable weather conditions, particularly when windy
- Do not leave bonfires unattended
- Keep a bucket of water or a hosepipe handy just in case
- Build bonfires well clear of buildings, garden sheds, fences and hedges
- Never use flammable liquids to start the fire
- Never burn dangerous rubbish such as aerosols, paint, foam furniture, rubber tyres, batteries, etc
- Before you light the bonfire, check that children and animals are not hiding inside and are a safe distance away.

For more information log on to www.cambsfire.gov.uk, follow us on social media or call 01480 444500.

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— COMBERTON RAMBLERS CLUB —

We walk on alternate Sundays, starting at 10.15am. Walks are from 4–7 miles, usually ending near a public house. We are a friendly, informative group that enjoys exploring the varied countryside in this area. New walkers are welcome to join us with up to two free walks, then we request you become a member.

For further details on how to join our sociable rambling group please contact Stella:

E: stella.ramblers@hotmail.com; T: 01954 210049; or go to the website: www.combertonramblers.org.uk.

— HOARDING —

Hoarding is a serious and complex issue that goes far beyond simple untidiness. It is a recognised mental health condition requiring careful treatment. Hoarding is a widespread issue affecting between 2% and 3% of the population – approximately 1.2 million people in the UK. People who display hoarding behaviours excessively collect items such as newspapers, books, clothing, and in some cases rubbish, rotten food and animals, resulting in unmanageable amounts of clutter. This in turn can cause serious health problems, structural damage, pest infestations and serious risk of fire.

Since 2014, we have engaged with over 50 households in South Cambridgeshire alone. In more serious cases, it can sometimes lead to emotionally distressing enforced clearances. People who display hoarding behaviours need help to learn how to change the way they think about acquiring, purchasing, or collecting as well as how they relate to their belongings.

If you discover someone displaying hoarding behaviours, you can find help and practical advice at www.helpforhoarders.co.uk or contact South Cambridgeshire District Council on 03450 450 063. Alternatively you can contact the Cambridgeshire Fire and Rescue Service on 0800 917 9994 or http://www.cambsfire.gov.uk and visit the 'home safety' pages.

GIRLS – WANT TO PLAY FOOTBALL?

Bar Hill Colts FC are looking to raise another girls-only team or teams.

- Is your daughter interested in playing football?
- Does she want to have fun?
- Do you want to see your daughter develop her social skills?
- Would you like to be part of our Charter Standard Community Club?

We want to hear from you! Please contact:

- Kate Starling, Secretary, Bar Hill Colts FC, E: kate.starling@hotmail.com or T: 07949 784940;
- Jairo Marin: E: jairo@tesco.net or T: 07712 121525.

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ENJOY ENHANCED COMMUNICATION WITH YOUR CHILD

Babies are naturally gestural – whether they reach up for a cuddle, bang on their highchair, or clap their hands in excitement, they are predisposed to interacting using their hands. Scientific research has proven that babies are born "connected", meaning they are ready and able to interact.

At a "Sing and Sign" class, we teach carers signs through music, which entertains and stimulates the babies. Class sizes are limited to 12 to ensure a sociable and comfortable environment. Free Taster sessions and classes are available throughout the year at the Bar Hill Octagon and around Cambridgeshire. For more information visit: www.singandsign.com, E: singandsigncambridge@yahoo.com, T: 07732 380191.

— FRIENDS OF THE ROSIE —

We hope all our customers are looking forward to Christmas.

The Friends of the Rosie Hospital are, and we have lots of stalls raising money to help make the Rosie a more comfortable environment for mothers and babies. For up-to-the minute information follow Rosie in Stitches Facebook page.

Rosie in Stitches would like to thank customers at our recent stalls, our income for 2017 is already at £714. See below for where you can shop with us again.

Upcoming Stall dates this autumn

Tea Bar, Rosie Hospital Outpatient Clinic Monday to Friday 9am to 4pm;

Addenbrooke's Outpatient foyer Tuesdays 15th November and 29th November from 10am to 4pm – Large display of toys and clothes;

Christmas Fayre at Bar Hill Primary School Saturday 25th November 1pm to 4pm – Selling small gifts and second hand jewellery;

Frank Lee Centre, Addenbrooke's Sunday 26th November 10am to 2pm – Supporting the Addenbrooke's Rudolph Run;

Bar Hill Community Market Saturday 2nd December 10.30am to 2pm – Selling gifts for all ages;

Christmas Market, Cambourne Marketing Suite Wednesday 13th December 12noon to 2pm – Selling hand knitted toys;

St Martins, Exning Sunday 17th December – Christmas Tree Festival.

New members are always welcome, whether to contribute financially, to join our team of knitters, to organise the three large stalls per year at Addenbrooke's Outpatients, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on **01223 356615** further details are given on our website www.rosieinstitches.org.uk.

Thank you for your continued support.

Dear Editor

Bar Hill Childminders and Playpals Toddler Group would like to thank Bar Hill Colts FC for their generous donation of over £130 from their fete day fundraising. We were able to buy some brilliant large soft play building blocks which the children very excitedly played with this week for the first time!

Our two groups meet four days a week Tuesday-Friday 9.45-11.15 in the Octagon. We provide a fun social space with crafts and a large selection of toys for the children, and the opportunity for parents and carers to meet new friendly faces over a coffee too.

Thanks again to Bar Hill Colts FC for choosing our two groups to donate your money to, it's so kind and a great way to link our local community ☺

Joseph Egan

...did you know...

The pull-ring tab was invented in 1962.

— STAY WELL THIS WINTER —

Winter weather can be seriously bad for our health. Being cold can aggravate existing conditions and raise the risk of increased blood pressure, heart attacks and strokes. However, there are lots of things you can do to stay well this winter.

- **Get expert advice from your pharmacist** – if you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice on the best treatment from your local pharmacist.
- **Make sure you get your free flu jab** – flu is a highly contagious and can cause serious complications for at risk groups. Over 65s; those with long-term health conditions; children aged two to eight; carers and pregnant women may all be eligible for a free flu vaccination – ask your GP practice today.
- **Stock up your medicine cabinet** – a well-stocked medicine cabinet can help you treat common winter ailments such as coughs, colds, sore throats and sickness bugs at home and will save you going out if you feel unwell. Ask your pharmacist about essential medicines to keep at home.
- **Keep warm** – both inside and outdoors, over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.
- **Get the right help** – make sure you're receiving all the help you are entitled to. Learn how to make your home more energy efficient and take advantage of financial schemes to keep up with energy bills.
  Visit www.nhs.uk/Livewell/winterhealth/Pages/KeepWarmKeepWell for details.

For further information on staying well this winter visit www.nhs.uk/staywell.

— BAR HILL GIANTS U8 —

The start to our season this year hasn't been the best. The Giants had their first win on Saturday 7th October, it really did boost morale again so we are back and fighting fit for the next match on Saturday 14th October, a friendly derby away at Longstanton. We have come up against some very strong teams, lost but performed great as a team. After our last season I think we expected a similar run, possibly a little more challenging but we didn't expect this. However we learn from this and have taken it all on board and put into practice in our training sessions. The team work so hard together, on and off the pitch. Most importantly they love playing football with their friends.

Our goal scorers this season have been Jay Fulcher, Joseph Wilson and Harry Searle. We have also had a new team mate join us, welcome to the Giants Mason. We are always looking for more players to join us, boys and girls alike. We are now training on the AstroTurf in Bar Hill every Thursday from 5:30 until 6:30. So come along and join in, we can have players from the school years 2 and 3. Or alternatively contact Lewis Fulcher **07415 137452** or Sam Wilson **07714 042497**.

— SWAVESEY GP SURGERY —

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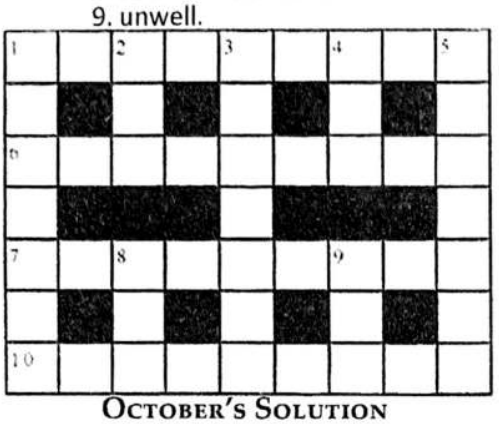
— NOVEMBER CROSSWORD —

Across: 1.doubts the sincerity of.
6. imaginative description.
7. vertebrate at home on land or in water. 10. a type of duck.

Down: 1. warm blooded vertebrates.
2. solidify. 3. cold blooded vertebrate. 4. --- Paulo. 5. more severe. 8. indicates a bad smell.
9. unwell.



October's Solution

Across: 1. Edinburgh. 6. cantaloup. 7. in front of. 10. glass wool.

Down: 1. etching. 2. inn. 3. beacons.
4. Rio. 5. hopeful. 8. fra. 9. two.

— BIN COLLECTION —

2nd November	black
9th November	green and blue
16th November	black
23rd November	green and blue
30th November	black
7th December	green and blue
14th December	black
21st December	green and blue

— THE ALLOTMENT SOCIETY —

Anyone interested in renting space to grow their own produce can be put on our waiting list for membership. Please contact Rob Lawrence, plot allocator, on 07788 590348.

All other allotment matters should be addressed to: barhillallotment@gmail.com.

— USEFUL TELEPHONE NUMBERS —

Out of Hours Medical Emergencies		111
Police Non-Emergency		101
Allotment Society	*Rob Lawrence*	07788 590348
Bar Hill Church	*Minister: Charles Mather*	01954 277119
	Church office	01954 206120
Bar Hill School		01954 273305
Bar Hill Community Car Scheme		07496 465330
Bar Hill Cricket Club	*Paul Stimpson*	01954 201212
Bar Hill Sports & Social Club		01954 781881
Cambridge Fire & Rescue Service Helpline		0800 917 9994
Coffee Stop, Knit & Natter, Holiday@Home	*Sue Kenchington*	01954 780260
Community Market	*Karen Austen*	01954 781085
Conservative Party	*Iris Lay*	01954 205265
County Councillor	*Lynda Harford*	01954 251775
		07889 131022
Councillor, Parish Council, Residents' Association, Bar Hill News Advertising	*Bunty Waters*	01954 201421 07734 690580
Councillor, Parish Council, Residents' Association	*Roger Hall*	01954 780304
Happy Hours	*Anne Plumb*	01954 780364
Health Walks	*Josephine Powell*	07901 558108
	Patricia Daniels	07917 874402
Heidi Allen MP	*Office*	01223 830037
	Office address: 82A High Street, Sawston CB22 3HJ	
Liberal Democrat Party	*Andy Pellew*	07814 871752
Library – renewals & enquiries		0345 0455225
GP Surgeries	*Maple*	01954 780442
	Over	01954 231550
	Over Pharmacy	01954 233457
	Swavesey	01954 230202
	Longstanton	01954 207600
	Willingham	01954 260230
	Willingham & Longstanton Dispensary	01954 207600
Neighbourhood Watch	*Pam Vendy*	01954 201001
Over Day Centre	*Hayley Smith, Manager*	01954 231807
Parish Council Office	*Sue Bell, Parish Clerk*	01954 780456
Post Office		01954 789285
Pre-School		01954 782892
Royal British Legion, Health & Wellbeing at Tesco	*Wendy Arrowsmith*	01954 781381
Samaritans		01223 364455
Swavesey Village College		01954 230366

— NOVEMBER PUZZLE —

Form nine, nine letter instruments, in groups of three letters. In alphabetical order.

A	L	P	L	O	S	T	A	T				P				S		
A	T	M	M	E	G	T	A	T				M				T		
A	S	C	O	M	E	T	E	L				R				O		
B	A	R	O	P	E	T	E	R				E				T		
C	O	E	O	P	E	T	E	R				L				T		
E	S	C	O	P	E	T	M	E				G				O		
H	E	L	R	A	C	T	O	R				T				T		
H	O	N	R	E	T	V	O	L				L				O		
I	O	S	S	I	N	Y	S	C				L				T		

Solution for October: Broadcast, Cameraman, Character, Interview, Performer, Programme, Recording, Rehearsal, Spectacle.

SEWING SERVICE

If you have a sewing job you don't fancy doing, call Lyn on 01954 201113.

RESIDENTS' ASSOCIATION

Interested persons are always welcome at Residents' Association meetings.

They are usually held on the first Tuesday of the month at 8pm in the Parish Council office.

Next meeting: 7th November.

— EVENTS CALENDAR —

date	*event*	*where*	*time*
30 October	Happy Hours—decorate a pumpkin *(page 3)*	Octagon	11am–3pm
31 October	Garden Halloween Display	12 Appletrees	till 9pm
31 October	Fun with Words 1 *(page 4—five week course)*	Madingley Hall	10am–noon
1 November	Fun with Words 2 *(page 4—five week course)*	Madingley Hall	10am–noon
2 November	Fun with Words 3 *(page 4—five week course)*	Madingley Hall	10am–noon
2 November	NWR—speaker *(page 3)*		8pm
2 November	8 O'clock Club—talk *(page 3)*	School	8pm
2 November	Dog Training Classes start *(page 4)*	Octagon	
4 November	Flu vaccination Clinic *(page 8)*	GP	*make appt*
4 November	Community Market *(page 3)*	Octagon	10.30am–2pm
4 November	Rosie at Community Market *(page 26)*	Octagon	10.30am–2pm
6 November	Happy Hours—AGM Bingo and Quiz *(page 3)*	Octagon	11am–3pm
7 November	Residents' Association Committee meeting *(page 29)*	Parish Council Office	8pm
11 November	Nicole Lawrence *(page 8)*	BHSSC	
11 & 12 Nov.	Autumn Beer Festival *(page 8)*	BHSSC	
13 November	Happy Hours—Christmas Traditions *(page 3)*	Octagon	11am–3pm
14 November	Health & Wellbeing Club *(page 3)*	Tesco community room	2–4pm
15 November	Rosie at Addenbrooke's Out Patients *(page 26)*		10am–4pm
19 November	NWR—treasure trail *(page 3)*		8pm
20 November	Happy Hours—Club Birthday Party (members only) *(page 3)*	Octagon	11am–3pm
21 November	Bar Hill Book Club *(page 3)*	BHSSC	7.30pm
25 November	Christmas Craft Day *(page 8)*	Octagon	10.30am–4pm
25 November	School Christmas Fair *(page 4)*	School	1.30–4.30pm
25 November	Rosie at School Christmas Fair	School	1.30–4.30pm
25 November	Membership Draw *(page 8)*	BHSSC	
26 November	Rosie at Frank Lee Centre, Addenbrooke's *(page 26)*		10am–2pm
27 November	Happy Hours—Games *(page 3)*	Octagon	11am–3pm
27 November	Monthly Quiz and "Rock'n'Roll Bingo" *(page 8)*	BHSSC	
29 November	Rosie at Addenbrooke's Out Patients *(page 26)*		10am–4pm
30 November	NWR—history and future of Public Transport *(page 3)*		8pm
2 December	Community Market *(page 3)*	Octagon	10.30am–2pm
2 December	Rosie at Community Market *(page 26)*	Octagon	10.30am–2pm
2 December	Live Music *(page 8)*	BHSSC	

ADDENBROOKE'S EMERGENCY DEPARTMENT

We visited last year, using our statutory power to enter and view, to find out about people's experience of the care they received. We spoke to over 50 people on two separate visits, spending time in both the adult and children's areas, as well as the Ambulatory Care Unit and the Clinical Decision Unit. We then wrote a report and made seven suggestions to make care better.

The Patient Liaison Officer told us about some things that are changing since we visited.

The hospital has secured funding to install another waiting time screen in the main waiting area. The equipment has been ordered and they are waiting for installation. This was after we highlighted problems patients had when they didn't know how long they were going to wait for treatment.

The hospital has done some additional awareness training for staff about the importance of ensuring people's privacy and dignity after we told them about a patient who was not adequately covered up whilst they were waiting on a trolley-bed in the X-ray department. They are also reviewing hospital gowns to see if there is an alternative that may help improve this further.

Good hygiene helps the hospital to protect patients against serious infections. Some of our recommendations were about tackling causes of poor hygiene. As a result of our visit, the hospital has:

- initiated extra cleaning checks at busy times of day, including weekends;
- replaced all bins in the department with hands-free opening bins;
- re-accolated hand-gel cleaning stations to better locations in the department.

healthwatch Cambridgeshire

Trust wide, there has been a big promotion on hand hygiene and the hospital is about to install a new sign in the front foyer of the Emergency Department main entrance.

We also asked the hospital to look again at the external signage for car parking and services for people arriving on site, to make sure that is clear and easy to understand.

There is a project in-hand to refresh the signage within the hospital. As part of this, the emergency department has completely replaced all its directional signage. There is work underway to look at the external signage.

If you have visited Addenbrooke's Emergency Department in the last six-months, please do tell us about your experience. E-mail enquiries@healthwatchcambridgeshire.co.uk or call us on 0330 355 1285 (local call number).